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Our Bodies, Ourselves Pregnancy and Birth

By Judy Norsigian

Touchstone. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 9.5in. x 7.3in. x 0.9in. ALL THE INFORMATION YOU NEED TO MAKE WISE DECISIONS ABOUT YOUR PREGNANCY AND THE BIRTH OF YOUR CHILD -- FROM THE EDITORS OF THE CLASSIC BIBLE OF WOMENS HEALTH Pregnancy and birth are as ordinary and extraordinary as breathing, thinking, or loving. But as soon as you announce youre expecting, you may be bombarded with advice from every angle -- well-meaning friends, relatives, medical professionals, even strangers want to weigh in on what you should or shouldnt do, and its easy to feel overwhelmed by their conflicting recommendations. Our Bodies, Ourselves: Pregnancy and Birth will help you sort fact from fiction, giving you the most accurate research, up-to-date information, and the firsthand experiences of numerous women who have been exactly where you are today. Youll get the tools you need to take care of yourself and your baby during and after your pregnancy, from tips on eating well during pregnancy to strategies for coping with stress and depression. Learn everything you need to know about: CHOOSING A GOOD HEALTH CARE PROVIDER SELECTING A PLACE OF BIRTH UNDERSTANDING PRENATAL TESTING COPING WITH LABOR PAINS SPEEDING YOUR PHYSICAL RECOVERY ADJUSTING TO LIFE AS A...



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